

Breakfast

- Breakfast is the most important meal of the day. It breaks your fast after 12-14 hours of not eating.
- People who eat breakfast do better in school, at play and on the job.
- Try to eat foods from at least three food groups for breakfast.
- By planning ahead, you can have food on hand so you will not be tempted to skip breakfast.
- You can save money by preparing breakfast at home instead of eating at a fast-food restaurant.
- Choose foods low in fat and sugar for breakfast.



Mini-goals

1. _____

2. _____

3. _____

EASY BREAKFAST IDEAS

Four Tasty Blender Drinks

Plug in your blender for some tasty, wake-me-up combinations. Combine all ingredients in a blender and mix. For a sweeter taste add 1 tablespoon sugar or honey.

Yield: 1-2 servings.

- 1 banana, 1/4 cup pineapple (chunks, slices or crushed), 1 carton fruit-flavored yogurt and 1 cup milk.
- 1 cup strawberries, 1 carton vanilla yogurt, 1 cup milk and 1/4 teaspoon vanilla.
- 1 cup peaches, 1 cup milk and a dash of nutmeg or cinnamon.
- 1 banana, 2 tablespoons frozen orange juice concentrate, 1 cup milk and 1/4 teaspoon vanilla.

REQUIRES NO COOKING

Cold cereal with milk topped with bananas, strawberries, peaches, raspberries or raisins
Granola with milk
Granola bar or trail mix
Piece of fresh fruit
Bowl of canned fruit
Apple slices with peanut butter
Peanut butter and jelly sandwich
Cheese sandwich
Crackers and cheese
Bagel with cream cheese
English muffin with jelly
Bran muffin with cream cheese
Banana bread with peanut butter
Yogurt
String cheese

REQUIRES COOKING

Hot cereal with milk topped with maple syrup, brown sugar, honey, raisins, dates or nuts
Hot chocolate with cinnamon toast
Crepes with fruit filling
Pancakes with peaches and syrup
Waffle with applesauce and syrup
French Toast with Apple Syrup
Breakfast in a Blanket
Breakfast Pizza
Breakfast Burrito
Ham and Cheese Omelet
Scrambled egg with cheese
Hard boiled egg
Soup with whole wheat toast
Cheese toast
Leftover pizza

EXTENSION

UtahState
UNIVERSITY

EFNEP—Expanded Food and
Nutrition Education Program

Utah State University is an affirmative action/equal opportunity institution. Developed/Written by Kay Evans and Paula Scott, EFNEP Supervisors. Edited/Designed by Judy Wilde, EFNEP Support Staff.

BREAKFAST BRIGHTENERS



BREAKFAST BURRITO

4 eggs
1/4 cup milk
1/2 tsp. margarine

4 tortillas, warmed
1/2 cup shredded cheese
1/2 cup salsa

Beat eggs and milk together. Melt margarine in a skillet. Pour egg mixture into skillet; stir gently over low heat until eggs are set. Spread eggs down center of tortillas. Top with cheese and salsa. Fold or roll tortillas to serve. Yield: 4 servings. *Each serving provides 255 calories, 13 g protein, 12 g fat, 198 mg cholesterol, 23 g carbohydrate, 2 g fiber, 3 mg iron, 193 mg calcium, 1058 IU vitamin A, 5 mg vitamin C and 466 mg sodium.*

SPANISH POTATO OMELET

4 slices bacon, cooked and crumbled
or 3/4 cup ham, diced
2 tsp. margarine
2 medium potatoes, sliced thin
1 medium onion, chopped

4 eggs
1/2 tsp. salt
1/8 tsp. pepper
1/2 cup cheese, grated



Melt margarine in a large skillet; add potatoes and onion. Fry until golden brown and tender, about 15 minutes. Beat eggs and add salt and pepper. Add eggs and meat to potato mixture. Stir gently over low heat until eggs are set; sprinkle with cheese. Yield: 6 servings. *Each serving provides 167 calories, 9 g protein, 10 g fat, 136 mg cholesterol, 11 g carbohydrate, 1 g fiber, 1 mg iron, 95 mg calcium, 334 IU vitamin A, 12 mg vitamin C and 304 mg sodium.*

DUTCH BABY PANCAKES

Pan Size	Margarine	Eggs	Milk and Flour
2-3 quart	2 Tbsp.	3	3/4 cup each
3-4 quart	3 Tbsp.	4	1 cup each
4-4 1/2 quart	1/4 cup	5	1 1/4 cups each
4 1/2-5 quart	1/3 cup	6	1 1/2 cups each

Select recipe size. Put margarine in pan and place in a 425° F. oven until margarine is melted. Mix eggs, milk and flour in blender. Pour batter into hot pan. Return pan to oven and bake 20-25 minutes until puffy and light brown. Cut into pie-shaped pieces and serve immediately. Top with any of the following: syrup, fruit, yogurt or powdered sugar with a squirt of lemon. Yield: 3-6 servings. *Each serving provides 274 calories, 11 g protein, 13 g fat, 186 mg cholesterol, 27 g carbohydrate, 1 g fiber, 3 mg iron, 96 mg calcium, 2268 IU vitamin A, 0 mg vitamin C and 187 mg sodium.*

BREAKFAST SUNDAE

Breakfast cereal
Flavored yogurt
Maraschino cherry

Fruit (like bananas,
strawberries, peaches,
fruit cocktail, etc.)



Place one tablespoon of cereal in a tall clear glass. Top with one tablespoon of yogurt. Put two spoonfuls of fruit on top of yogurt. Repeat layers. End with a layer of yogurt and a maraschino cherry. Yield: 1 serving. *Each serving provides 197 calories, 1 g protein, 2 g fat, 5 mg cholesterol, 30 g carbohydrate, 2 g fiber, 2 mg iron, 179 mg calcium, 624 IU vitamin A, 10 mg vitamin C and 184 mg sodium.*

FRENCH TOAST

2 eggs
1 Tbsp. milk

2 slices bread
1 tsp. margarine

Beat eggs and milk with a fork in a shallow bowl until blended. Heat margarine in a skillet. Dip bread in egg mixture; turn and coat evenly on both sides. Cook bread until lightly browned on both sides. Top with Apple Syrup (recipe below) or applesauce and maple syrup.

Yield: 2 servings. *Each serving provides 153 calories, 8 g protein, 7 g fat, 183 mg cholesterol, 14 g carbohydrate, 1 g fiber, 1 mg iron, 49 mg calcium, 561 IU vitamin A and 234 mg sodium.*

APPLE SYRUP

1 cup sugar
2 Tbsp. cornstarch
1/4 tsp. cinnamon
1/4 tsp. nutmeg

2 cups apple juice
2 Tbsp. lemon juice
1/4 cup margarine

In a medium saucepan combine dry ingredients; blend well. Stir in apple and lemon juice. Cook until mixture thickens; stir constantly. Remove from heat and stir in margarine. Yield: 2 cups. *Each 2 tablespoon serving provides 93 calories, 3 g fat, 17 g carbohydrate, 4 mg calcium, 117 IU vitamin A, 1 mg vitamin C and 34 mg sodium.*

BRAN MUFFINS



2 1/2 tsp. baking soda
1 cup boiling water
1/2 cup shortening
1 cup sugar
2 eggs
2 cups buttermilk

2 1/2 cups flour
1/2 tsp. salt
2 cups 100% bran buds
1 cup 40% bran flakes
1/2 cup nuts, chopped
1/2 cup raisins

Add soda to water; let cool. In a large bowl cream shortening and sugar together. Add eggs; beat well. Mix in buttermilk, flour and salt; slowly add soda water. Fold cereals, nuts and raisins into mixture. Coat muffin pan with cooking spray or line with paper baking cups; fill 2/3 full. Bake at 350° F. for 15-20 minutes. Cool 5 minutes before removing from pans. Yield: 2 1/2 dozen. *Each muffin provides 141 calories, 3 g protein, 5 g fat, 13 mg cholesterol, 22 g carbohydrate, 2 g fiber, 2 g iron, 53 mg calcium, 84 IU vitamin A, 4 mg vitamin C and 208 mg sodium.*



The Importance of Breakfast

Utah State University
Food \$ense Nutrition Education

The breakfast boost factor:

- Breakfast is the most important meal of the day. It breaks your fast after 12-14 hours of not eating.
- People who eat breakfast do better in school, at play and on the job.
- Try to eat foods from at least three food groups for breakfast.
- By planning ahead, you can have food on hand so you will not be tempted to skip breakfast.
- You can save money by preparing breakfast at home instead of eating at a fast-food restaurant.
- Choose foods low in fat and sugar for breakfast

Mini-goals

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3.

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This material was funded by USDA's Food Stamp Program and developed and written by Utah State University Extension by Kay Evans and Paula Scott, EFNEP Supervisors. Edited/Designed by Judy Wilde, EFNEP Support Staff and modified by Meagan Wade for the Food \$ense Nutrition Education Program.

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Four Tasty Breakfast Blender Drinks

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Yield: 1-2 servings.

- **Blender drink #1:**
1 banana, 1/4 cup pineapple (chunks, slices or crushed),
1 carton fruit-flavored yogurt and 1 cup milk.
- **Blender drink #2:**
1 cup strawberries, 1 carton vanilla yogurt, 1 cup milk
and 1/4 teaspoon vanilla.
- **Blender drink #3:**
1 cup peaches, 1 cup milk and a dash of nutmeg or cinnamon.
- **Blender drink #4:**



1 banana, 2 tablespoons frozen orange juice concentrate, 1 cup milk, 1/4 teaspoon vanilla

Quick and simple breakfast ideas

REQUIRES NO COOKING

Cold cereal with milk topped with bananas,
strawberries, peaches,
raspberries or raisins

Granola with milk

Granola bar or trail mix

Piece of fresh fruit

Bowl of canned fruit

Apple slices with peanut butter

Peanut butter and jelly
sandwich

Cheese sandwich

Crackers and cheese

Bagel with cream cheese

English muffin with jelly

Bran muffin with cream cheese

Banana bread with peanut
butter

Yogurt

String cheese

REQUIRES COOKING

Hot cereal with milk topped with maple syrup, brown
sugar, honey, raisins, dates or nuts

Hot chocolate with cinnamon toast

Crepes with fruit filling

Pancakes with peaches and syrup

Waffle with applesauce and syrup

French Toast with Apple Syrup

Breakfast in a Blanket

Breakfast Pizza

Breakfast Burrito

Ham and Cheese Omelet

Scrambled egg with cheese

Hard boiled egg

Soup with whole wheat toast

Cheese toast

Leftover pizza



Boring breakfast? Try these!

BREAKFAST BURRITO

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1/4 cup milk	1/2 cup shredded cheese
1/2 tsp. margarine	1/2 cup salsa

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or 3/4 cup ham, diced	1/2 tsp. salt
2 tsp. margarine	1/8 tsp. pepper
2 medium potatoes, sliced thin	1/2 cup cheese, grated
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Lesson Plan: FSNE Curriculum

Breakfast



Learning Objectives

At end of lesson participants will be able to:

Define four positive results of eating breakfast

Identify 3 common excuses for not eating breakfast

Identify the number of groups from MyPyramid needed to make a good breakfast

Name the first step in providing a nutritious breakfast

Name 2 quick and easy ideas for a fast but nutritious breakfast

Name 2 non-breakfast foods that can be used to make a nutritious breakfast for those who don't like breakfast foods

Suggested Materials To Aid in Teaching Lesson:

DVD Player *

DVD: Breakfast

Breakfast Lesson Plan

Handout: Breakfast (either FSNE or EFNEP version)

Handout: Bright Breakfasts

Handout: Oatmeal Mix-Ins

* In some cases material may be more effectively taught with flip charts rather than in DVD format

Lesson Preparation Tips:

Review lesson and all handouts

Choose handouts according to participants' needs and make enough copies of handouts for all participants

If cooking, gather the food and equipment necessary to prepare recipe

Gather items needed for any activity ideas you will use

Activity Ideas:

If participant is interested, remember to plan a cooking activity for the next lesson. Ask participant to have the food available for the activity

Bright Breakfasts

Honey Maple Nuts

3 cups whole-wheat flour
 ½ cup dry milk powder
 ½ cup brown sugar
 ½ teaspoon salt
 2 teaspoons maple flavoring
 ¼ cup melted honey
 6 tablespoons water

Mix dry ingredients. Using electric mixer or eggbeater, add maple flavoring, honey, and only enough water to moisten. Mixture should be very fine, just like commercial Grape Nuts. Spread on 2 or 3 baking sheets and bake 325 degrees for 10 minutes. Stir to break up granules and bake 5-10 minutes longer, until golden brown. Cool and store in airtight container. Serve with milk. Makes 2 quarts

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Oatmeal-Nut Waffles or Pancakes

1 ½ cups whole-wheat flour
 2 teaspoons baking powder
 ½ teaspoon salt
 2 cups low fat milk
 2 eggs
 ¼ cup canola oil
 2 tablespoons honey
 1 cup oats, uncooked
 1 cup pecans, finely chopped (optional)

Combine 1st three ingredients in medium mixing bowl and mix well. Add in milk, eggs, oil and honey and mix until smooth. Stir in oats and pecans. Bake waffles in preheated, lightly oiled waffle iron about 5 minutes or pancakes on lightly oiled griddle. Yield: about 6 four inch waffles or 8-10 pancakes



This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.

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Oatmeal Mix-Ins

Instant Oatmeal

To prepare a half-dozen bags, first combine 4 cups of old-fashioned rolled oats (not quick-cooking oats) and 3/4 teaspoon of salt in a blender, grind them (in two batches, if necessary) to the consistency of wheat germ. Scoop half-cup portions into separate resealable plastic bags. Flavor each one (try the mix-ins below, or make up your own combinations).

Mix-Ins

Apple Cranberry: 1 teaspoon of packed brown sugar and 1 tablespoon each of chopped dried cranberries and apples (can just make apple cinnamon as well)

Brown Sugar and Spice: 1 teaspoon of packed brown sugar and a dash each of ground cinnamon, nutmeg, and clove

Cinnamon Raisins: 1 teaspoon of sugar, 1 tablespoon of raisins, and a dash of cinnamon.

Pecan delight: 1 teaspoon of packed brown sugar and 1 tablespoon of chopped pecans.

Blueberry: 1 teaspoon of sugar, 1 tablespoon of blueberries, and a dash of cinnamon.



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